

## **9 Easy Ways to Lower Blood Sugar Levels Naturally**

High blood sugar occurs when your body doesn't make enough or effectively use insulin, a hormone that regulates blood glucose and helps it enter your cells for energy.

[High blood sugar \(hyperglycemia\) is associated with diabetes.](#)

The Centers for Disease Control and Prevention (CDC) reports that 13% of U.S. adults live with diabetes, and 34.5% have prediabetes (1Trusted Source).

This means close to 50% of all U.S. adults have diabetes or prediabetes.

Here are 9 easy ways to lower blood sugar levels naturally:

[click here to know more...](#)

### **1. Exercise regularly**

Regular exercise can help you get to and maintain a moderate weight and increase insulin sensitivity.

Increased insulin sensitivity means your cells are better able to use the available sugar in your bloodstream.

Exercise also helps your muscles use blood sugar for energy and muscle contraction.

If you have problems with blood sugar management, you should routinely check your levels. This will help you learn how you respond to different activities and keep your blood sugar levels from getting either too high or too low (2).

Useful forms of exercise include weightlifting, brisk walking, running, biking, dancing, hiking, swimming, and more.

### **2. Manage your carb intake**

Your body breaks carbs down into sugars (mostly glucose), and then insulin helps your body use and store sugar for energy.

When you eat too many carbs or have insulin-function problems, this process fails, and blood glucose levels can rise.

However, there are several things you can do about this.

The American Diabetes Association (ADA) recommends managing carb intake by counting carbs and being aware of how many you need (3).

Some studies find that these methods can also help you plan your meals appropriately, further improving blood sugar management (4Trusted Source, 5Trusted Source).

Many studies also show that a low carb diet helps reduce blood sugar levels and prevent blood sugar spikes (6Trusted Source, 7, 8Trusted Source, 9Trusted Source).

What's more, a low carb diet can help manage blood sugar levels in the long run (10Trusted Source).

You can read more in this article on healthy low carb eating with diabetes.

### ***3. Increase your fiber intake***

Fiber slows carb digestion and sugar absorption. For these reasons, it promotes a more gradual rise in blood sugar levels.

Furthermore, the type of fiber you eat may play a role.

There are two kinds of fiber:

insoluble

soluble

While both are important, soluble fiber has explicitly been shown to improve blood sugar management (11Trusted Source, 12Trusted Source, 13Trusted Source).

Additionally, a high fiber diet can help better manage type 1 diabetes by improving the body's ability to regulate blood sugar and reducing blood sugar lows (13, 14Trusted Source).

Foods that are high in fiber include:

vegetables

fruits

legumes

whole grains

The recommended daily intake of fiber is about 25 grams for women and 38 grams for men. That's about 14 grams for every 1,000 calories (15).

## 4. Drink water and stay hydrated

Drinking enough water may help you keep your blood sugar levels within healthy limits.

In addition to preventing dehydration, it helps your kidneys flush out the excess sugar through urine.

One observational study showed that those who drank more water had a lower risk for developing high blood sugar levels (16Trusted Source).

Drinking water regularly helps rehydrate the blood, lowers blood sugar levels, and could reduce diabetes risk (16Trusted Source, 17Trusted Source, 18Trusted Source, 19Trusted Source).

Keep in mind that water and other non-caloric beverages are best. Sugar-sweetened drinks raise blood glucose, drive weight gain, and increase diabetes risk (20Trusted Source, 21Trusted Source).

## 5. Implement portion control

Portion control helps regulate calorie intake and can help maintain a moderate weight (22Trusted Source, 23Trusted Source, 24Trusted Source).

Consequently, weight management promotes healthy blood sugar levels and has been shown to reduce the risk of developing type 2 diabetes (25Trusted Source, 26Trusted Source, 27Trusted Source, 28Trusted Source, 29Trusted Source, 30Trusted Source).

Monitoring your serving sizes also helps reduce calorie intake and subsequent blood sugar spikes (31Trusted Source).

Here are some helpful tips for managing portion sizes:

Measure and weigh portions.

Use smaller plates.

Eat slowly.

## 6. Choose foods with a low glycemic index

The glycemic index measures how we absorb or digest foods, which affects the rate at which blood sugar levels rise (32Trusted Source).

Both the amount and type of carbs determine how a food affects blood sugar levels (33Trusted Source, 34Trusted Source).

Eating low-glycemic-index foods has been shown to reduce blood sugar levels in those with diabetes (35Trusted Source).

Although the glycemic index of foods is important, the amount of carbs consumed also matters (33Trusted Source).

Foods with a low to moderate glycemic index include:

- bulgur
- barley
- yogurt
- oats
- beans
- lentils
- legumes
- wheat pasta
- non-starchy vegetables

## 7. Manage stress levels

**Stress can affect your blood sugar levels (36).**

Hormones such as glucagon and cortisol are secreted during stress. These hormones cause blood sugar levels to go up (36, 37Trusted Source).

One study showed that exercise, relaxation, and meditation significantly reduced stress and lowered blood sugar levels for students (38Trusted Source).

Exercises and relaxation methods like yoga and mindfulness-based stress reduction may also help correct insulin secretion problems in chronic diabetes (38Trusted Source, 39Trusted Source, 40Trusted Source, 41Trusted Source).

## 8. Monitor your blood sugar levels

**“What gets measured gets managed.”**

Measuring and monitoring blood glucose levels can also help you better manage your levels.

For example, keeping track helps you determine whether you need to make adjustments in meals or medications (31Trusted Source).

It will also help you find out how your body reacts to certain foods (42, 43Trusted Source).

Try measuring your levels every day and keeping track of the numbers in a log

## **9. Get enough quality sleep**

**Getting enough sleep feels excellent and is necessary for good health (44Trusted Source).**

Poor sleeping habits and a lack of rest can also affect blood sugar levels and insulin sensitivity. They can increase appetite and promote weight gain (45Trusted Source, 46Trusted Source).

Sleep deprivation decreases the release of growth hormones and increases cortisol levels. Both of these play an essential role in blood sugar management (44Trusted Source, 45Trusted Source, 46Trusted Source).

Furthermore, adequate sleep is about both quantity and quality. It's best to get a sufficient amount of high quality sleep every night (47Trusted Source).